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M E D I C A L.

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*Of Sleeping and Waking ; their just Proportion with regard to Age, the Constitution of the Body, Mode of Life, and other Circumstances.*

[From Willich's Lectures.]

SLEEP and wakefulness are nearly in the same relation to each other as exercise and rest. Waking always presupposes a certain degree of activity ; all the *natural* functions, digestion, the preparation of the chyle and blood, assimilation, secretion, and excretion, are then more vigorously performed, and would soon exhaust their powers, if sleep did not restore to them the beneficial and indispensable supplies.

*Sleep* is therefore necessary to existence and health ; and it is an improper and fruitless attempt, to deprive ourselves, by an ill-directed activity, of the requisite portion of this refreshment ; for nature will maintain her rights, in spite of our efforts to subvert them : and both body and mind suffer, without attaining any real advantage from an extravagant watchfulness.

To continue in a waking state, beyond a proper time, consumes the vital spirits, disorganizes the nerves, and causes so many uneasy sensations, that a considerable while must elapse, before we can fall asleep, namely, until their greatest violence has abated. The fluids of the body become acrid, the fat is consumed, and there arises at length an inclination to vertigo, violent head-ach, anxiety, actions without connexion, without design, and without consistency. Those who indulge themselves in much sleep, are seldom liable to very strong passions. Persons, on the contrary, who sleep too little, frequently contract a violent and vindictive temper. Long continued wake-



fulness is capable of changing the temper and disposition of mind of the most mild and gentle; of effecting a complete alteration of their features, and, at length, of occasioning the most singular whims, the strangest deviations in the power of imagination, and, in the end, absolute insanity.

Excess of sleep, however, is not less prejudicial. The whole body sinks gradually under a complete state of inactivity, the solid parts become relaxed, the blood circulates slowly, and remains particularly long in the head; perspiration is disordered, the fluids are incrassated, the body increases in fat and thick humours, and is rendered incapable of being the medium of mental exertion, the memory is enfeebled, and the unhappy sleeper falls into a thoughtless lethargic state, by which his sensibility is, in a great measure, destroyed.

Persons troubled with hypochondriasis and hysterics do themselves much injury by sleeping too long, especially in the morning, when the body is much weakened by its too long continuance in a heated and unwholesome atmosphere. To such individuals, it is also dangerous to remain for a length of time in a state of inactivity. Indeed, excess in sleeping is detrimental to the muscular powers of every person; to the phlegmatic, especially, whose fluids will thus soon be universally corrupted; and sanguine temperaments thereby acquire a superabundance of blood. The melancholy, whose blood circulates slowly, must suffer inconveniencies in their secretions and excretions by this indulgence; and we generally find, that long sleepers are afflicted with costiveness and obstructions.—Early rising, and timely going to bed, may alone render them more healthy and vigorous.

The proper duration of sleep, in youth and adults, is usually settled at six or seven hours; in children and the aged, from eight to nine hours. Yet the individual deviations in the constitution of the body, and its various wants, scarcely admit of any accurate rules. The more bodily weakness we feel, the more we may indulge in sleep, provided it be refreshing. If people in a state of health are perfectly cheerful in mind and body, when they first awake, this is the most certain criterion, that they have slept sufficiently.

We should, however, be on our guard, not to confound the natural wants of the body with a blameable custom. For most persons habitually sleep too much, or remain longer in bed than they ought. The principal cause of this destructive custom undoubtedly arises in infancy; when children are permitted to sleep in very soft and heating beds, and encouraged to lie longer than is proper, from a mistaken notion that they cannot sleep too much. From this injudicious treatment, they cannot attain



a solid texture of the body, and a foundation is laid for many subsequent diseases. The rickets, so very common in many families, in the present age, often originate in such indulgencies, since the general relaxation of the body, and the tendency to profuse perspiration, is thus promoted in an extraordinary degree. At the age of puberty, this effeminacy of the body, and the inclination to sleep, together with the pleasant sensation which a soft and warm bed affords in a waking state, are certainly the first and most frequent causes of a vice, that might be effectually prevented by early rising.

The custom of sleeping long, when continued to the state of manhood, becomes so habitual that it cannot be relinquished without great struggles, and a firm resolution. Those, then, who are not possessed of this firmness, instead of attaining a strong constitution, will acquire a phlegmatic, relaxed, and cold temperament, which will render them irresolute, and incapable of energetic efforts; and from which the mind, by degrees, becomes as indifferent towards every object, as the body is unfit for muscular exertion. Hence, to listen to the voice of nature, in this respect, will contribute more to our happiness, than to shorten our repose by many of the usual but violent means of excitement, when the body is in want of rest.

To children, at a very early period of life, no limits of sleep can be prescribed; but, after the sixth or seventh year of age, some regulations become necessary, to habituate them to a certain regularity. The just proportion of sleep can be ascertained only, by their more or less lively temperament, by their employments, exercise, and amusements through the day, and according to the more or less healthy state of their bodies. In pursuing this measure, however, we must not attempt to awaken children from their sleep, in a violent or terrifying manner, which is frequently done, and is extremely pernicious.

In great disquietude of mind, and after violent passions, sleep is the more necessary, as these agitate and exhaust the frame, more than the most fatiguing bodily labour. Hence, many persons never sleep so sound, as when they are afflicted with grief and sorrow. A fretful and peevish temper, as well as a fit of the hypochondriasis, cannot be more effectually relieved, than by a short sleep. Frequently, after a sleep, of a few minutes only, we awake refreshed, we can reflect on our difficulties with a calm mind, and again reconcile ourselves to the troubles of life. In such situations, though we should not be able to sleep, even a quiet posture of the body, with the eyes closed, is of some advantage.

There is scarcely any misfortune so great, that it cannot be relieved or alleviated by sleep; as, on the contrary, we should



inevitably sink under its pressure, if this beneficent balm did not support us. - Yet, frequently too, uneasiness of mind, by its continual stimulus on the *cenforium*, prevents all sleep: hence the unquiet repose, and even whole sleepless nights, of those, whose heads are filled with cares or important schemes. As mental labours exhaust our strength more than those of the body, literary men, who employ themselves in long and profound reflections, require more sleep than others. Though some persons, whose body and mind are equally indolent, have a greater inclination to sleep, than the lively and laborious, yet it is not so beneficial to them, since they are destitute of the essential requisites to health, namely, activity and vigour.

The most healthy, and those who lead the most regular lives, frequently have an uneasy and very short sleep; they also require less rest at one time than another. He who digests easily, stands less in need of sleep than others. After taking aliment difficult of digestion, nature herself invites to the enjoyment of rest, and to sleep in proportion to the time which is required for the concoction and assimilation of food. Excessive evacuations of whatever kind, as well as intoxication by strong liquors, render additional sleep necessary. In winter and summer, we require somewhat more time for sleep, than in spring and autumn; because the vital spirits are less exhausted in the latter seasons, and the mass of the blood circulates more uniformly, than in the cold of winter or heat of summer, when it is either too much retarded or accelerated.

It is very improper to sit up too late in the long winter evenings, whether at the desk or the bottle, either of which is then more hurtful than in summer, because the want of sleep is greater. Those who wish to spend the winter in good health, and useful labour, should retire to bed at nine o'clock in the evening, and rise at four or five o'clock in the morning. A winter morning, indeed, is not very charming, but the evening is *naturally* still less so; and there is no doubt, that we can perform every kind of work, with more alacrity and success, in the early part of the day, than at night; and that our eyes would likewise be benefited by this regulation, after sleep has enabled them to undertake any task in the morning; but they are fatigued at night, from the exertions of a whole day.

Every stimulus may interrupt sleep, or at least render it uneasy, and often occasion dreams, the cause of which is generally owing to an irritation in the stomach, or in the intestinal canal. Dreams are, as it were, a middle state between sleeping and waking, and generally indicate some defect in the body, unless they give representations which originate in the occurrences of the preceding day.



An uneasy sleep, which is obvious from starting up, or speaking in it, and from a frequent change of the posture in bed, is at no time a good symptom; it is as frequently a forerunner, as it is the effect of disease, and may be owing to the following causes:—

1. Emotions of the mind, and violent passions, always disorder the vital spirits; at one time they increase, at another diminish, and sometimes altogether check their influence, the consequences of which extend to the whole circulation of the blood. Sorrows and cares produce a similar effect. Hence the nocturnal couch is a very improper place to prosecute moral researches, or to recollect what we have done, spoken, and thought through the day.—To read interesting letters, received late in the evening, usually too occasions an unquiet sleep.

2. A bad state of digestion, and especially hard or corrupted food, on account of the connexion of the brain with the stomach.

3. A repelled perspiration, if we have not covered ourselves conformably to the climate, season, and weather. In this case, a current of air is still more hurtful than intense cold.

4. An apartment or bed to which we are not accustomed may also occasion an uncomfortable sleep, as travellers frequently experience. It is therefore an essential part of a good and healthful education, to accustom children to sleep alternately upon different and harder or softer couches, in various parts of the house, more or less temperate, which consequently enables them to sleep comfortably in a simple but clean bed, in whatever place or situation they may find it.

Debilitated persons injure themselves much by sleeping during the day, against the order of nature, and keeping awake the greater part of the night. Day-light is best adapted to active employments, and the gloom and stillness of the night to repose. The evening air which we inhale soon after sun-set, and night air in general, which is vitiated in the country by the exhalations of plants, is very detrimental to the delicate. The forced watchfulness of those who apply themselves in the night to mental pursuits, is exceedingly prejudicial. A couple of hours sleep before midnight is, according to old experience, more refreshing than double the quantity after that period.

The question, whether to *sleep after dinner* be advisable, must be decided by a variety of concurrent circumstances; custom, bodily constitution, age, climate, and the like.

In a weak and slow state of digestion, after having taken hard or solid food, we may indulge ourselves in a short sleep, rather than after a meal consisting of such nourishment, as by its nature is easily concocted. But debilitated young people especially should not sleep too much, though their weakness incline them



to it; for the more they indulge in it, the greater will be their subsequent languor and relaxation.

Individuals of a vigorous and quick concoction, may undertake gentle, but not violent exercise, immediately after meals, if they have eaten food that is easily digestible, and which requires little assistance but that of the stomach and its fluids. And even such persons, if they have made use of provisions difficult to be concocted, ought to remain quiet after dinner, and may occasionally allow themselves half an hour's sleep, in order to support digestion.

To rest a little after dinner, is farther useful to dry and emaciated persons, to the aged, and persons of an irascible disposition; to those who have spent the preceding night uneasily and sleepless, or have been otherwise fatigued, in order to restore regularity in the insensible perspiration; but in this case the body must be well covered, that it may not be exposed to cold. Such as are fond of sleeping at any time of the day, are usually more indolent and heavy after it than before. A sleep after dinner ought never to exceed one hour; and it is also much better sitting than lying horizontally; for, in the latter case, we are more subject to fluctuations of the blood towards the head, and consequently to head-ach.

Much depends upon the manner of lying in bed, and on the posture to which we accustom ourselves. To lie on the back, with the arms over the head, prevents the circulation of the blood to the arms, and is not unfrequently productive of serious consequences. It is equally pernicious to lie in a crooked posture, or with the breast very low and bent inwards; for the intestines are thereby compressed and obstructed in their motions, and the blood cannot easily circulate downwards; whence may arise giddiness and even apoplexy. Lying on the back is equally improper, and produces frightful dreams, together with many other inconveniences. The reverse posture is likewise noxious, as the stomach is thus violently oppressed, the free respiration much impeded, and the whole circulation of the fluids in the chest and abdomen wantonly prevented, to the great injury of health.

The most proper posture, then, is on one side, with the body straight, the limbs slightly bent (not stretched, because they ought to rest) so that the body may lie somewhat higher than the legs. When the head is laid high, a short sleep is more refreshing than a longer one when it is reclined too low. To healthy people it is a matter of no consequence on which side they lie, and they may safely, in this respect, follow their own choice. Some dietetical observers allege, that it is better to lie in the evening on the right, and in the morning on the left



side; that in the evening the food may more readily leave the stomach, and that afterwards this organ may be better warmed by the liver.

In the evening we should eat light food only, and that sparingly, wait for its digestion, and consequently not lie down till two or three hours after supper. The mind ought to be kept quiet and cheerful, previous to going to rest: we should then, as much as possible, avoid gloomy thoughts, which require reflection and exertion. It is therefore a pernicious and dangerous practice to read ourselves asleep in bed. We would do much better, to exercise ourselves a little before bed time, by walking up and down the room.

Sleep without dreams, of whatever nature they may be, is more healthful than when attended with these fancies. Yet dreams of an agreeable kind promote the free circulation of the blood, the better concoction of food, and a due state of perspiration. The contrary takes place in unpleasant dreams, which excite anxiety, terror, grief, fear, and the like. In the latter case, they are of themselves symptoms of irregularity in the system, of an approaching disorder, or of an improper posture of the body.

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#### *Camomile a Remedy in certain Disorders of the Eyes.*

A MEDICAL correspondent at Madrid has acquainted a friend in Ireland with some astonishing effects of the herb camomile, in certain inflammatory disorders of the eyes. The following among many cases wherein the Doctor has been concerned, is mentioned as a proof of the virtues of this salutary though common herb. Maria de Maros, daughter of a master carpenter, had, for many years, been afflicted with weeping eyes, which discharged an acrimonious humour, that brought on an almost total loss of sight. Alteratives were prescribed to no purpose. At length he made a strong decoction of camomile, boiled in new milk; with this the patient bathed her eyes several times a day, as warm as could be suffered without uneasiness; and in about five weeks her eyes were perfectly restored.



## AGRICULTURAL.

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*Remarks on the beneficial Effects of a Variation of Crops.  
Published by order of the Philadelphia Society for promoting  
Agriculture.*

THE earth, in general, is a compound of vegetable matter, formed by nature, to propagate a variety of plants; and those salts, peculiar to each plant, must be extracted from the earth by each particular species of plant: for the land may have strength to bring good *different crops* one after another; but it seldom abounds with one kind of salt, sufficient to produce a good crop of the *same grain, often repeated successively*, unless the land be rich indeed, and the soil, with the climate, well adapted to that kind of grain or plant which is often so repeated. This remark, which will ever be found true, clearly points out the indispensable necessity of *varying crops often, if not ANNUALLY*.

The foregoing observations I make for the benefit of theoretical farmers; as, from their practice, great advantage is to be expected, towards improving agriculture in America; it being this class of men, fertile in genius, emulous to promote their country's good, and able to bear the expense, who in Europe have, by their laudable experiments, led the way for poor farmers to adopt a course of cropping, as approved at this day, in lieu of their forefathers' old established custom.—The basis of this new method is founded on manure, especially from marle; and the superstructure is perfected by crops of pulse, artificial grass, and grain, which they raise alternately: and in this, *systematically* done, is comprised *the MYSTERY of real husbandry*.

Presuming the following remarks are not generally known, I insert them for the information of the public.

A more beneficial discovery has not been made in agriculture, than that of clover being an infallible preparative for a wheat crop. With once ploughing, I have sowed several hundred acres; and have seen thousands growing, yet never knew one crop to fail, although in some cases the land was poor: but it is particularly agreeable to rich land, as the straw will be strong, the ear large, and the stemming incredible. If ever a marvellous crop of wheat be raised on very rich ground, it must be in this way: for fallows produce a luxuriant, tall straw, weak at the root, with a small ear which will fall.



In proof of the foregoing observations, let reason be attended to. Clover grass affords rest to land, and keeps out weeds; the pasture produces feed in abundance for cattle; the soil or manure of the cattle, with the vegetable salts contained in the large tap-root and heart of the clover, afford vivid manure for wheat. One other advantage arising from this mode of farming is, the furrows being whole, and the root of the grain in them, it admits the water to drain from the root; and the surface of the ground will not rise with the frost, as fallows of fine mould are subject to do. The wheat therefore must stand the winter much the best if sowed after clover with one ploughing.

I shall conclude these remarks with the method of sowing wheat on clover land:

Take an acre of clover land, that has been pastured quite to the ground. In the September of the *second* summer after it was sowed, turn it clean over with the plough. The *same* day it is ploughed sow on the acre three pecks of clean seed-wheat, broadcast; after it is sowed, take a roller and run over the lands, the same way they are ploughed. When that is done, harrow it two or three times over the same way, until the seed be covered: but by no means harrow across the land.

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*Essential Properties of a perfect Breed of Black Cattle, designed for the Purposes of the Dairy, &c. as laid down by Mr. MARSHALL.*

1. THE head small and clean, to lessen the quantity of offal.
2. The neck thick and clean, to lighten the fore-end, as well as to lessen the collar, and make it fit close and easy to the animal in work.
3. The carcass large, the chest deep, and the bosom broad, with the ribs standing out full from the spine, to give strength of frame and constitution, and to allow sufficient room for the intestines within the ribs.
4. The shoulders should be light of bone; and rounded off at the lower point, that the collar may be easy, but broad, to give strength; and well covered with flesh, for the greater ease of draught, as well as to furnish a desired point in fattening cattle.
5. The back ought to be wide and level throughout, the quarters long, the thighs thin and standing narrow at the round bone; the udder large when full, but thin and loose when empty, to hold the greater quantity of milk, with large dug veins to fill it, and long elastic teats for drawing it off with greater ease.
6. The legs (below the knee and hock,) straight, and of a



middle length; their bone in general tight and clean fleshiness, but with the joints and sinews of a moderate size, for the purposes of strength and activity. 7. The flesh ought to be mellow in the state of fleshiness, and firm in the state of fatness. 8. The hide mellow, and of a middle thickness; though, in our author's opinion, this is a point not yet well determined.

### Management of Cider.

[From Poulson's Daily Advertiser.]

Cooper's Point, Feb. 18, 1804.

CIDER is an article of domestic manufacture, which, in my opinion, is the worst managed of any in our country, considering its usefulness. Perhaps the best method to correct errors is to point out some of the principal ones, and then recommend better methods.

One of the first errors in respect to cider is, *gathering apples when wet*; the next is, *throwing them together exposed to sun and rain, until a sourness pervades the whole mass*, then grinding them; and for want of a trough, as is sometimes the case, or other vessels sufficient to hold a cheese at a time, putting the pumice on the press as fast as ground; then making so large a cheese that fermentation will come on before the juice can be all pressed out; and certain it is that a small quantity of the juice pressed out after fermentation comes on, will spoil the product of the whole cheese.

If then *either* of the above circumstances will spoil the cider, which I know to be the case, what must be the effect of a combination of the whole, which frequently happens.

As I have very often exported the cider to the West-Indies and Europe, and sold it to others for that purpose, without ever hearing of any spoiling; and as it is my wish to make the productions of our country as useful as possible, I will give an account of my method.

I gather the apples for good cider when *dry*, put them on a *floor under cover*, have a trough sufficient to hold a cheese at once; and when the weather is warm, I grind them late in the evening, spreading the pumice over the trough to give it air, *as that will greatly enrich the cider*, and give it a fine amber colour; and early in the morning press it off. The longer a cheese lies after being ground before the pressing, the better, provided it escape fermentation, until the pressing is completed. The reason is evident from the following circumstance: take a tart apple, bruise on side and let it lie till brown, then taste



the juice of each part, and you will find the juice of the bruised part, *sweet and rich*, though of a tart apple. So if sweet and tart apples are ground together, and put immediately on the press, the liquor therefrom will taste both sweet and tart; but if it lie till brown, the cider will be greatly improved. I always take great care to put cider in clean, sweet casks; and the only way to effect this is to rinse or scald them well as soon as the cider is out, and not to let them stand with a remnant or lees in, which is certain to make them sour, must, or stink. When my casks are filled, and fermentation takes place, I fill them up once or more a day, to cause as much of the filth as possible to discharge from the bung; when it discharges a clear white froth, I put in the bung slack, or bore a hole and put a spike in it, and thereby check the fermentation gradually; and when the fermentation has subsided, take the first opportunity of clear cool weather to rack [draw] it off into clean casks; to effect which, when I draw the cider out of the casks in which it has fermented, I first rinse the cask with cold water, then put into a hoghead or barrel, two or three quarts of fine gravel, and three or four gallons of water; work it well to scour of the yeast, or scum and sediment, which always adheres to the cask in which cider ferments, and if not scoured off as above directed, will act as yeast when the cider is put in again, bring on a fretting, and spoil or greatly injure the liquor; after scouring rinse as before. I find benefit in burning a brimstone match, suspended in the cask by a wire, after putting in two or three buckets of cider; the best method for which process is, to have a long tapering bung, that when driven in, the different ends will fit most common bungholes, with a large wire in the small end with a hook to the match, which for a hoghead should be sufficient for a hive of bees. Cider intended to be kept till warm weather, I rack in cool clear weather, the latter part of February or the beginning of March. It is best to keep the cask full and bunged as tight as possible.

I make no doubt but many are as well or better acquainted with making cider as myself; but as I have seen no method described, which I have found on experience to be preferable, I have submitted the foregoing, which is at your service, or the public's, if it is deemed worth communicating.

JOSEPH COOPER.

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### *To prevent the Measles in Swine.*

IT frequently happens that swine are killed when disordered by the measles, which is easily discovered by the flesh or meat containing small globular red or white pustules, of different



sizes, varying according to the different degrees of the disease; which originate from being fed with fusty damaged corn, or some unwholesome food; or from its being boiled in lead or copper vessels, in which it hath lain too long; or from their being kept in a wet and dirty pen; either of which causes tends to obstruct the circulation of the fluids; hence arise those globular pustules, which are the juices rendered vici- and coagulated. About once a week mix two spoonfuls of madder in their food, which prevents obstructions, acting as a diuretic, and is at the same time an astringent. And on some other day in the week, give a spoonful or two of an equal quantity of flour of sulphur and saltpetre, well pounded and mixed, which purifies and cools the blood. All these different articles added to each pail of food in the morning, on separate days, prevent the measles, keep the swine extremely healthy, and fatten them more expeditiously.

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*Extract from Dr. Anderson's Recreations.*

EVERY attentive observer will remark among the plants of almost every kind of crop, some individual stalks which are distinguishable from the others by a greater degree of health, or luxuriance, or profligacy, or earliness, or some other peculiarity. A friend of mine remarked some years ago a particular stem of peas among his earliest crop, which came into flower and ripened long before the others. He marked this stem and saved the whole of its produce for seed. These came as much earlier as they had originally done. This produce was also saved for seed; and thus he obtained a particular kind of early pea, that came at least a week before the *best sort* he could buy in the shops, if sown at the same time with them. The Doctor relates facts similar to this respecting wheat and beans. The general idea he means to inculcate is obvious, and extremely worthy attention.

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*The Husbandman and the Politician contrasted.*

*Extracted from an Address delivered to the Agricultural Society in New-York, by ROBERT R. LIVINGSTON, Esq.*

THE little politics of our town, our country, or even of our State, are mere matters of a day; and however important they may seem in our eyes, while we ourselves are the actors on this busy stage, they will appear to others of too little moment to arrest their attention. Our fathers were politicians, their fathers were politicians, and yet we hardly know the parts they



severally acted, or even the names or principles of the parties they opposed or supported. In like manner, the intriguing politicians and the wordy orators of the present day, will be buried with their principles and their parties in eternal oblivion; when the *man*, who has introduced a new plant, or eradicated a destructive weed; who has taught us to improve our domestic animals, or to guard against the ravages of noxious insects; who has invented a new implement in husbandry, or simply determined the angle the mould-board should make with the plough-share, *will be remembered with gratitude, as the BENEFACTOR OF SOCIETY.*

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## MISCELLANEOUS ARTICLES.

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### *Pocock's Pickle for Meat.*

ADMIRAL POCOCK's pickle is preferable to most others, when applied to family beef, pork, or mutton. It is thus made:—*Water*, four gallons; *sugar* (or molasses) one pound and a half; *saltpetre*, two ounces; *salt*, the bay or large sort, six pounds. *Boil* all together in an iron pot or kettle, and skim it repeatedly, as long as any scum arises; then take off the pot to stand till the liquor is cool. The meat being placed in the vessel meant to hold it, pour the cold pickle on the meat till it is all covered, and in that state keep it for family use. The beef, after lying in the pickle ten weeks, has been found as good as if it had not been salted three days, and tender as a chicken. If the meat is to be preserved a considerable time, the pickle must be *boiled* once in two months, skimming off all that rises, and throwing in during the boiling two ounces of *sugar* and half a pound of common *salt*: thus the same pickle will hold good for twelve months. This pickle is incomparable for curing *hams*, *tongues*, and *hung beef*. When tongues and hung beef are taken out of the pickle, clean and dry the pieces; then put them in paper bags and hang them up in a dry warm place. Some who have tried this method, choose their meat salter; and instead of six, use eight or nine pounds of salt. In *very hot weather* it is necessary, before the meat is put to the pickle, to rub it well over with salt, and let it lie for one, two, or three hours, till the bloody juices run off. If the meat in this case is the least tainted before it is put to the pickle, it will be entirely spoiled in a day's time, in hot weather.

☞ Pocock's pickle is found so valuable that no family ought ever to be without it.



*Durable Potatoe Yeast.*

BOIL and peel the potatoes as for the table ; mash them very fine ; have a pot of water boiling, in which put a handful of hops ; put the potatoes in it, and let it boil for about ten minutes, then take it off ; have a double handful of flour in a jar : stir the potatoes into this, mixing them well together ; when cool add some good yeast.

*To preserve it for use.*—Take a dish of flour, and, while the yeast is in the highest state of fermentation, stir it with the flour lightly with your hands, so as to damp the flour with the yeast, but not to make a dough of it ; then dry it : when perfectly dry, keep it in a clean linen bag to hang in your kitchen. When you want to make bread, or renew your yeast, you must dissolve a piece of this dried paste, and mix it up with a small quantity of flour ; then it is ready for making your bread.

*Result of Meteorological and other Observations, for July, 1807 ;  
made at Warwick, Portsmouth, and Hartford.*

| July 1807. | Mean degree<br>at sun-rise. | Mean degs.<br>at 2 P. M. | Mean degree<br>of the month. | Greatest heat<br>in the month. | Least heat in<br>the month. | Prevailing<br>winds. | Marriages. | Births. | Deaths. |
|------------|-----------------------------|--------------------------|------------------------------|--------------------------------|-----------------------------|----------------------|------------|---------|---------|
| Warwick    | 61 $\frac{1}{4}$            | 79 $\frac{3}{4}$         | 70 $\frac{1}{4}$             | 12 d. 92°                      | 2 50°                       | S. & S. W.           | —          | 1       | 1       |
| Portsmouth | 63 $\frac{1}{2}$            | 77 $\frac{1}{2}$         | 70 $\frac{1}{2}$             | 13 90                          | 2 54                        | Southerly.           | —          | —       | —       |
| Hartford   | 63 $\frac{3}{4}$            | 81 $\frac{1}{5}$         | 72 $\frac{1}{2}$             | 16 90                          | 3 51                        | S.                   | —          | —       | —       |

## WEATHER.

|                                      |                         |
|--------------------------------------|-------------------------|
| 1 } pleasant                         | 17 } showers            |
| 2 }                                  | 18 } with               |
| 3 } weather ;                        | 19 } Sund. thun.        |
| 4 }                                  | 20 } der                |
| 5 } Sund. some-                      | 21 } cloudy             |
| 6 } times                            | 22 } cloudy, showers    |
| 7 } cloudy,                          | 23 } cloudy, heavy rain |
| 8 } but                              | 24 } fair,              |
| 9 } no rain,                         | 25 } light              |
| 10 } excepting                       | 26 } Sund. showers in   |
| 11 } a little sprinkling on          | 27 } some places        |
| 12 } Sund. the 4th. D First Quarter. | 28 } cloudy, rain       |
| 13 } moderate rain, thunder          | 29 } fair               |
| 14 } fair                            | 30 } fair               |
| 15 } showers, with                   | 31 }                    |
| 16 } thunder                         |                         |

Depth of water fallen in rain, *Warwick*, 3 $\frac{1}{3}$  inches.

*Warwick, June 31, 1807.*

At the comencement of this month the whole vegetable kingdom, checked by the "chilling damps" of June, appeared in a



very unhealthy condition, and far behind the time of year. The two first weeks of the month were fair, and considerably warm, but did not seem to have the desired effect on vegetation. Our crops of grass were much smaller than usual, and so late that but few people had begun haying till about the 13th. at this time the rains commenced and intercepted the business in a great degree; we have been favoured with repeated showers and warm rains the remainder of the month; which has produced the greatest change in the appearance of the face of the earth, perhaps, ever known in the time. Vegetation, roused from its torpor, presents us with almost inconceivable instances of its rapidity. The growth of the unmown grass, in the course of fifteen days, added to its quantity at least one-fourth part. Winter grain was fit for the harvest about the 30th, which was one week later than last year.—Healthy as usual.

W. COBB, JUN.

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Hartford, July 31, 1807.

Much hay and grain injured by the long season of wet weather. Grain grown. Crops of English grain light. Wheat much blasted. Harvest about a fortnight later than usual. Corn looks well. Gardens much injured by worms.

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*The Farmer's Calendar for September.*

THE business of a farmer has been compared, and very justly, to a hoop, which has no end. Indeed, the labours of one season are not completed before some provision is necessary for the next. Much has been said on the importance of selecting seed-corn before harvesting, from the most promising plants, while standing in the field. (*See page 103 of the Register, where this subject is fully considered, and the most ample directions given, by one of the greatest practical farmers in the United States.*) Many an one, perhaps, has read the Register and grudged his dollar, without having practised at all upon those rules by which he might have very considerably increased the produce of his fields. It is really wonderful that people should be so slow in adopting improvements of this nature, when the happy tendency of them is so obvious.

Remember, should there be a war, it will happen, in many instances, that a little *cider* will be the best liquor you can afford to drink yourself or give to a friend. Then make it good. Follow the directions given in this and in some former numbers of the Register, and that will be sufficient. You will then have no occasion for a wry face when you drink yourself, nor a blush when you present the glass to a friend.



The connexion there is between malignant distempers and dirtiness, has been abundantly demonstrated in many instances of fevers and dysenteries, in the United States. Therefore, be particularly attentive to *cleanliness*, especially at this season of the year. Neatness and elegance are conducive to good health as well as to good husbandry. It often happens, that in cellars, and around dwelling-houses, in pig-sties and cow-pens, near the house, there are accumulated great quantities of excrementitious and corrupting substances, the refuse of house-keeping, entrails of fish and poultry, parings and skins of vegetables, &c. which, if seasonably carted away, tend eminently to fertilize the fields and promote the growth of vegetables; while, at the same time, by remaining, they render the house foul and unhealthy, by the extrication of noxious vapours. When I see a farmer permit such unwholesome substances to collect around his habitation, I cannot help reflecting on the danger which awaits him. The manure, which ought to have been carried away and spread over his lots, serves, as it lays, but to make his family sickly, to disable his labourers, and lead him to the dubious and expensive routine of physic; and as in common life as well as in logic, one blunder leads to another, the want of crops, and the consequent failure of income, drive him to mortgages and executions, those fatal expedients of the law.

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## N O T E.

### *First Volume of the Register.*

IT was contemplated, at the commencement of this publication, that the first volume should embrace all the numbers published in *three years*. It is now thought proper, for various reasons, so far to deviate from our original design, as to close the first volume at the end of *two years*; and so on, one volume every two years. The first volume of the Register, therefore, will close with December next, when there will be published an index to the volume; and the second volume will commence with January, 1808. The editor wishes to be allowed to consider all his *present subscribers* as subscribers to the second volume, who do not express a contrary inclination by the *first of December* next, as it is necessary he should know the number of his subscribers, previous to commencing the second volume.

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### CONDITIONS OF THE REGISTER.

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CONDUCTED BY DANIEL ADAMS, M. B.

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